

First Things First supports early childhood programs in Arizona through grants to community organizations that provide services—at no cost—for young children from birth to age 5 (before kindergarten) and their families.

The Cochise Region includes all of Cochise County and the northeastern corner of Pima County.



FIRST THINGS FIRST

FIND PROGRAMS

GET THIS INFO ONLINE:

[FirstThingsFirst.org / Find-Programs](https://FirstThingsFirst.org/Find-Programs)



Parenting

There's no one right way to raise a child, and you don't have to be perfect. These programs are here to help you learn effective ways to support your child's healthy development and learning.

Parenting Education

Attend a series of group classes proven to increase your understanding of child development and improve your parenting skills.

Family Education and Support Services Program Arizona's Children Association

Dominica Aquino | (520) 255-6534
daquino@arizonachildren.org

Home Visiting Programs

Work 1-on-1 with a trained and caring parent educator, in the convenience of your own home, to build on the parenting skills you already have and nurture your child's health, development and learning.

Parents as Teachers

Easter Seals Blake Foundation
Rainy Couchenour | (520) 452-9784 x 1017
rcouchenour@blake.easterseals.com



Child Health and Development

All children develop differently, but it helps to know if they're meeting typical milestones or could use extra assistance, and many medical and dental problems can be prevented.

Well-Child Programs

Get information, assistance and referrals from a developmental specialist to help you support the health and development of your young child.

Early Childhood Optimum Health / Salud Optimo en los Primeros Años - Sierra Vista Chiricahua Community Health Centers, Inc.
(520) 459-0203
cchci.org

Early Childhood Optimum Health / Salud Optimo en los Primeros Años - Douglas Chiricahua Community Health Centers, Inc.
(520) 364-5467
cchci.org



Quality Child Care and Preschool

Quality early learning programs help young children learn, grow and thrive. More than 1,000 child care centers, homes and preschool programs in Arizona participate in Quality First to improve the quality of early learning for kids from birth to age 5. Many offer Quality First Scholarships to help low-income families afford quality early care and education.



Learn more and find programs near you at: QualityFirstAZ.com



Birth to Five Helpline

A free service available to all Arizona families with young children, (as well as parents-to-be), who have questions about their baby, toddler or preschooler. Ask experts about your child's feeding, sleep, behavior or any other concern. The Birth to Five Helpline is here to help.



Southwest Human Development
1-877-705-KIDS (5437)
birthtofivehelpline.org

Cochise Region

For more information contact:

Melissa Avant

Regional Director

(520) 378-3280 | mavant@firstthingsfirst.org

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Space may be limited and eligibility requirements may apply. While this listing only includes programs funded by First Things First, many of them can connect you with additional services that might be right for you.

In accordance with the Americans with Disabilities Act, First Things First (FTF) will not discriminate on the basis of disability in its services, programs or activities. Qualified individuals with disabilities may request auxiliary aids and services to make information and communications accessible as well as request reasonable modifications to policies and programs so that they can participate equally in FTF's services, programs and activities. For assistance, contact FTF at (602) 771-5057. This document was last modified on 06/23/2020.